

What You Eat Before and During Your Pregnancy

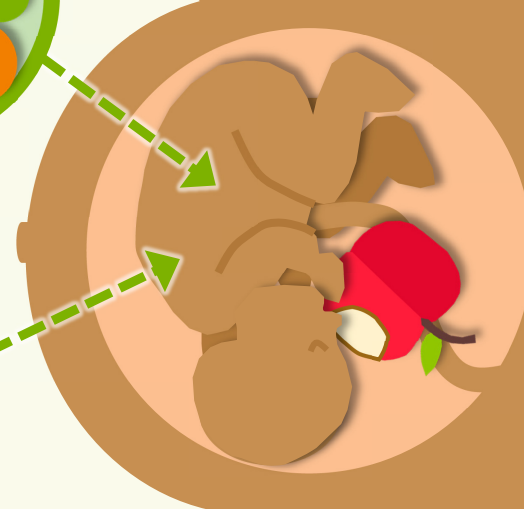
PROTECTS

Your Child from Leukemia

Before and during your pregnancy, eat lots of fruits and vegetables.

Take a prenatal vitamin containing folic acid.

While pregnant, avoid drinks with alcohol or caffeine.

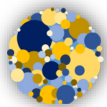


Start Protecting Your Children's Health BEFORE They Are Conceived!



You Should Know:

Maternal diet during pregnancy has an important impact on the developing baby. A healthy diet with fruits and vegetables, including lots of green leafy vegetables, before and very early in the first three months of pregnancy can reduce the risk for childhood leukemia and other health problems in the baby. Along with a healthy diet, folate supplementation very early in the first trimester of pregnancy can reduce childhood leukemia risk. So, if you're considering or planning a pregnancy, it's recommended that you start taking a prenatal vitamin with folic acid.



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